



DINE for LIFE*

In Durham Public Schools (2007-2008 school year)



The DINE for LIFE program provides nutrition education in 13 elementary schools and two middle schools in Durham, North Carolina. Through a sequential nutrition curriculum, taste tests, environmental cues and school-wide promotions, nutritionists encourage students and their families to adopt healthier lifestyles. During the 2007-2008 school year, DINE implemented Healthy Habits Adventure. This was a year-long promotion at all 13 elementary schools. The promotion integrated key nutrition messages on whole grain foods, fruits and vegetables, low-fat dairy, and food safety into material already being taught in the classroom. Each month students completed a challenge on nutrition or physical activity topics. DINE partnered with Child Nutrition Services to kick-off Healthy Habits Adventure and to promote healthy whole grain breakfast cereal at target schools.



Feedback from Teachers: Healthy Habits Adventure a Success for Students and Teachers!

- "Kids need all the information that we can expose them to for making healthy choices."
- "It ties into my curriculum and everyone learns a lot."
- "Children were learning to eat healthy in an exciting manner."
- "The promotion really encourages students to talk with parents about healthy eating"
- "Another way to enrich children's experience"
- "The promotion provided helpful information for my students to stay healthy."
- "I think students benefit from cross curricular activities."
- "My students and I learned valuable lessons and strategies for taking better care of ourselves."
- "The promotion helped me as a teacher to encourage students to eat healthy food. I started sending home healthy snack recipes in my weekly parent letter."

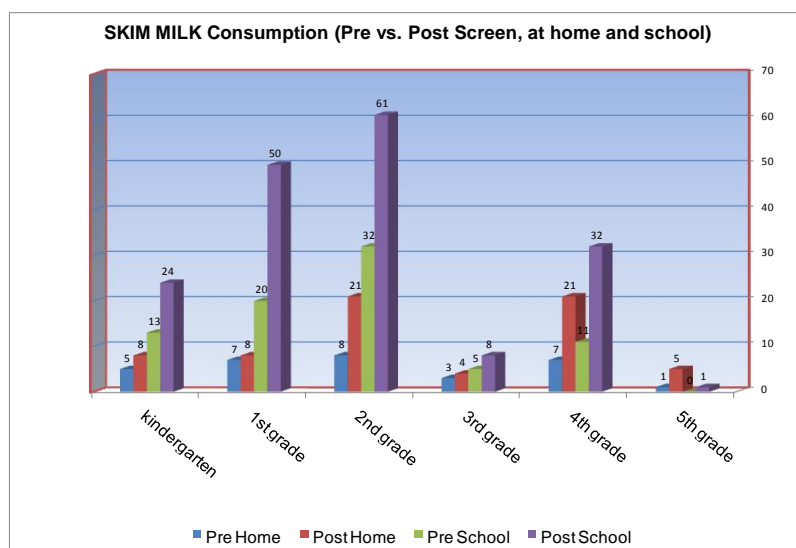
Teacher Feedback on the DINE Series Curriculum and Resulting Behavior Change (2007-2008)

- “The nutrition program has not only changed the students’ way of thinking about healthy nutrition but it was also a great connection for the science curriculum on Food Chemistry. This was an excellent program for fourth graders. It would be a great program to have each year.”
- “At lunch they try more veggies.”
- “Students are eating more of their veggies at lunch and picking the fresh fruit over other desserts. They are also requesting the fat free milk even over chocolate.”
- “I see healthier snacks at snack time.”
- “Students ask to wash hands before eating, after using the bathroom.”

Program Outcomes

• Low-fat Milk

- 61% increase in the consumption of low-fat dairy was reported by teachers.
- After nutrition class, 40% more of the students identified skim milk as the type of milk that is best for their body.
- Grades 1, 2, and 4 increased consumption of skim milk at school by more than 20%.



• Physical Activity

- 64% increase in physical activity was reported by teachers.
- After nutrition class, 31% more of the students correctly identified 60 minutes as the amount of physical activity needed every day.

• Food Safety

- 78% improvement in hand washing was reported by teachers.

• Acceptance of New Foods

- 75% of the students showed increased willingness to try new foods.

* DINE for LIFE:

Durham's Innovative Nutrition Education for Lasting Improvements in Fitness and Eating



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